



the
cooking school[®]
presented by **TOPS**

JANUARY



FEBRUARY



MARCH



2012

featured in this issue

Kids' Kitchen Winter Camps PAGES 3-4

Become a Grocery-Shopping Pro,
Discovering TOPS NuVal Ratings PAGE 6



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VISIT THE COOKING SCHOOL ONLINE • www.topsmarkets.com > Departments > The Cooking School



the
cooking school
presented by **Tops**

January, February & March at the Cooking School

Message from the Manager



I hope the holidays were good to you. As we welcome in the New Year, how many of you made New Year's Resolutions to change your lifestyle by eating healthy, exercising more AND having fun doing it? We can help you with

some of the above. Our classes this quarter are packed with healthy, nutritious meals that you can prepare yourselves in no time at all. Also included are some basic cooking classes to get you off to a good start. Our Healthy Lifestyle section has Dieticians offering Diabetic, Healthy Heart, Family Cooks and Eat Well Stay Fit Programs. We offer wine and beer tastings in selected adult classes. The fun is in attending the classes, learning new techniques, meeting people, and tasting these fine creations made right before your eyes!

Whether you are a novice cook or a seasoned pro, the Cooking School can offer you new ideas for great taste creations, so come on in, bring a friend, join in the party, and have some fun, where at The Cooking School, "A Good Cook is Born Each Day!"

Grace Hanusin,
Regional Cooking School Manager

*Want to check out the latest TOPS
Cooking School calendar online?*

Visit the all-new www.topsmarkets.com > **Departments** >
The Cooking School

kids' kitchen

page 3



Calling all kids to the Cooking School! The winter winds are blowing, but it's warm inside the Cooking School! We've got some great classes for you, Pear Bear is back complete with special book reading, as well as our "Dinner & a Movie for the Jr. Chefs. Sign up for our February camps during the school breaks and have fun creating your own lunches!

your healthy lifestyle

page 5



Eat well and stay fit this winter season. We offer an array of health-related classes for both adults and families. These classes are taught by Registered Dieticians; they have a wealth of information to give you, and the classes are covered in part by most local health insurances. Our "Family Cooks Together" series includes the whole family! Whether it is Diabetes, Healthy Heart, learning to eat well, or getting the families to cook together at meal time, we have the classes for you!

adult classes

page 7



The holiday season is over; you've eaten your fill, and you wonder what can I do to get back on track? Come join us at the Cooking School! We have some new and exciting Chefs and Instructors that are offering classes with an ethnic twist, classes that will fit your budget, hands-on classes that include Authentic Italian Cooking along with wine and beer tasting classes! Also please join us for our annual Holiday dinner, where one of our great chefs will be preparing a holiday feast before your eyes, and serving it buffet style, including a wine toast!

kids' kitchen

These classes will be held in both schools on the dates listed. Parents are required to inform us of any food allergies at the time of registration. We will try our best to accommodate food allergies with substitutions. Children with long hair, please tie it back before class. Please have child wear sneakers for safety reasons; please bring if wearing boots.

Please tell us if you have any coupons or gift certificates at time of registration, as coupons are not taken with some classes, including all camps.



Come join in the fun with our ½ hour classes, where you cook up an “eat it or take it” delightful treat just for you!

Kids of all ages are welcome to come.

*Pre-registration is needed,
no coupons taken with these classes.*

Culinary Instructor Deb Witul, Amherst
Culinary Instructor Linda Duncan, Amherst

Winter Fun

Saturday, January 14, 1-1:30pm **\$5 per child**
Veggie Snowman & Warm Apple Cider

Let's Celebrate President's Day

Saturday, February 18, 11-11:30am **\$5 per child**
Lincoln's Log Cabin & Patriotic Frozen Yogurt Shake

Egg-tastic!

Saturday, March 31, 11-11:30am **\$5 per child**
Decorated Egg Head with Dip & Fruity Punches

little chefs ages 3-6 with parent

For children this young, only one parent or guardian per child is allowed to remain in the Cooking School at no additional charge. For additional adults, a \$5 charge will be implemented, as seating is limited. Pricing may be different as stated, as in our teas, brunches and camps. Please wear/bring sneakers and have hair pulled back, if long. Aprons will be provided to wear.

Culinary Instructor Deb Witul, Amherst • Culinary Instructor Judy Handzlik, West Seneca

Pear Bear Cooks & Book Reading

Saturday, January 21, 10-11:30 AM

\$13 per child

The Pear Bears are back once again with very “peary” delicious recipes for you. Included in this class is a limited supply of plates & cookbooks. *Pear Bear Flower Sandwich, Build Your Own Pear Tree, Mice Pears, Frosty Pear Float*

Queen of Hearts Tea Party

Saturday, February 11, 10-11:30 AM

\$13 per child

At our tea party you will be treated like a queen, (or princess) complete with mini tea cups and tea sandwiches. Wear your party dress if you'd like! *Hearts of Flutter Sandwiches, Cheshire Cat Fruit Smiles, White Rabbit Veggie Nibbles w/ Homemade Dip, Queen of Hearts Cherry Tarts, Pretend Tea*

Welcome Spring!

Saturday, March 24, 10-11:30AM

\$13 per child

Spring is a time of new beginnings. Join us as we treat ourselves to some springtime fun. Make your own *Bunny Face Pancake, Tutti Fruity Salad, Quick Chick Snack, Assorted Juice Bar, Take Home Craft: Springtime Chocolate Lollipop*



LITTLE CHEFS WINTER CAMP

Learning Table Manners

Thursday, February 23, 10 am-12 pm
\$15 per child (no coupons)

In this class Little Chefs will not only create culinary delights they will also learn to set a table, and practice their manners.

Mini Meatballs, Spaghetti and Homemade Red Sauce, Veggie Kabob with Cheese in a Cloud Dipping Sauce, Apple Bundles, Berry-Banana Smoothie

Pre-registration for all classes is recommended at least 5 days in advance, as the class may be full or cancelled for low attendance after that time.

kids' kitchen

junior chefs ages 7-10

Children of this age are encouraged to attend the cooking classes without a parent or adult guardian. Parents are required to inform us of any food allergies at the time of registration. We will try our best to accommodate all food allergies, if notified ahead of time. Please wear/bring sneakers and have hair pulled back, if long. Aprons will be provided to wear. Please pick your child up promptly after the class.

Instructor Meghan Maloney, Amherst • Instructor Linda Duncan, West Seneca

JUNIOR CHEFS WINTER CAMPS

Culinary Instructor Meghan Maloney, Amherst

Culinary instructor Linda Duncan, West Seneca

Winter Warm-Up

Monday, January 16, 10am-1 pm • \$25 per child

Oh, what to do on a day off from school? Check out this culinary camp that takes pizza to a whole new level. Dare to go beyond pepperoni! *Four-Cheese Play-Off Pizza, Mexican Pita Pile-Up, Vegetastic Pizza Pocket, Appilicious Fruit Pizza*

Mardi Gras Fest

Tuesday, February 21, 11am-2 pm • \$25 per child

Join us for a Fat Tuesday celebration with some authentic New Orleans style cooking! *Gumbo Soup, Veggie Pinwheel Sandwiches, King's Cake, Frosted Ruby Punch*

Cozy Comfort Foods

Wednesday, February 22, 11am -2 pm • \$25 per child

Chilled to the bone? Head to Tops Cooking School for a mouth-watering winter warm-up! *Creamy Ham and Potato Soup, Savory Chicken Quesadilla, Sweet-Stuff Baked Apples, White Hot Chocolate*

Sweet Sublime Valentine

Thursday, February 9, 6-8 pm **\$15 per child**

Make a date with Tops Cooking School! Come learn to prepare sweet and sensational recipes that you will fall in love with. *Heart-Shaped Spaghetti Cups, Cupid's Arrow Banana Roll Ups, Quivering Jello Heart Salad, Apple Meringue Sweet Tarts*

Pot of Gold at the End of the Rainbow

Thursday, March 8, 6-8pm **\$15 per child**

Come try your luck with these St. Paddy's Day treats! *Rainbow Fruit Salad, Shamrock Green Salad, Mini Leprechaun Chicken Pot Pies, Rainbow Parfaits*



aspiring chefs ages 11 and up

Children of this age are ready to learn just about any type of cooking! We will use different kitchen appliances and learn different cooking and baking techniques. Recipes will be given so each aspiring chef will have the chance to make these recipes at home for the family!

Please wear/bring sneakers and have hair pulled back, if long. Aprons will be provided to wear.

Culinary Instructor Judy Handzlik

Warm Foods to Comfort You **\$18 per child**

Wednesday, January 11, 6-8 pm Amherst

Thursday, January 26, 6-8 pm West Seneca

Snuggle up with a good book or your favorite TV show as your taste buds sample these foods that warm your body and soul. *Taco Soup, Sweet Potato Soup, Chicken Bistro Sandwich, American Fruit Soup*

Valentine's Day **\$18 per child**

Tuesday, February 7, 6-8 pm Amherst

Sunday, February 12, 1-3 pm West Seneca

Valentine's Day is not just for sweethearts, It's for everyone! Spread the love with these sweet and savory selections. *Savory Turkey Baked Apples, Mixed Green Salad with Dried Cranberries, Glazed Nuts with a Berry Vinaigrette Dressing, Crush on You Muffins, and a Mocktail*

Healthier Spring Treats **\$18 per child**

Wednesday, March 7, 1-3 pm Amherst

Thursday, March 15, 6-8pm West Seneca

Start Spring off with healthier, but tasty treats. They will please the palate and make you feel better about eating healthier! *Healthified Raspberry Bars, Outrageous Orange Muffins, Rain Boot Tracks, Chocolate Pretzel, Cherry Popcorn Balls.* A Cobb Salad and Orange Muffin will be served; please bring a container to take your treats home.

ASPIRING CHEFS WINTER CAMPS

Culinary Instructor Judy Handzlik

Fun with Ramen Noodles Camp • \$25 per child

Monday, January 16, 2-4pm Amherst

Sunday, January 15, 1-3 pm West Seneca

Whoever thought Ramen noodles could be used from entrée to dessert? We will be experiencing different smells and tastes with these curly, tasty noodles. *Broccoli Slaw with Ramen Noodles, Ramen Pizza Pie, Denver Quiche, Chocolate Ramen Fudge*

Mardi Gras Camp • \$25 per child

Friday, February 24, 11am-2 pm Amherst

Monday, February 20, 11am-2pm West Seneca

It may be called Shrove Tuesday, Fat Tuesday, Pancake Day or Paczki Day. Whatever it may be called it is time for celebration before the Lenten season. Let's celebrate with some Creole and Cajun recipes and some beads. *Chicken Jambalaya, Red Beans and Rice, Louisiana Citrus Crepes, King's Cake ...Find the surprise in the King's Cake!*

cooking classes for home-schooled children

WEST SENECA COOKING SCHOOL ONLY

Let us help with Home Economics Class! Your students will have fun learning cooking skills that will be helpful today and in the future. Let the mess be in our kitchen and not in yours! Open to students between the ages of 7 and 15.

Culinary Instructor Linda Duncan

Warm Me Up!

Friday, January 20, 11am-1pm

\$15 per student, per class

Shake off the cold and have a hand at these heart-warming recipes!

Chill-Chasing Veggie Dumpling Soup, Ham and Cheese Melt, Berrylicious Dessert Muffin

Fun Time Valentine

Friday, February 10, 11am-1pm

\$15 per student, per class

Creating a lunch you will love is the target of this class! *Cupid's Arrow Tortellini Kabobs with Sauce, True Love Bread Sticks, Sweetheart Dipping Apple Dessert*

Celebrate St. Patrick's Day

Friday, March 16, 11am-1pm

\$15 per student, per class

Come join us on this special day, may you find a pot of gold at the end of the rainbow!! *Tasty Tuna Schooners, Irish Potato Snakes, Shamrock Smoothies, O'Yummy Snack Mix*

kids' kitchen



Amherst & West Seneca Cooking Schools
6-9 pm • ages 7-12

Instructors: Deb Witul, Amherst
and Judy Handzlik, West Seneca

\$20 for one child, \$35 for two children;
\$50 for three children (please register all children
in your group at the same time to get the discount)

How to Train Your Dragon

Friday, January 13, 6-9 pm

Monsters Verses Aliens

Friday, February 3, 6-9 pm

Penguins of Madagascar

Saturday, March 10, 6-9 pm

SEE BACK COVER FOR MORE DETAILS

your healthy lifestyle



We have a staff of Registered Dietitians and nutrition experts who teach all of the Your Healthy Lifestyle classes at the Cooking Schools. Class instructors include:

Pamela Beamer, RD, CDE (Certified Diabetic Educator), **Diabetic** program

Erin Burch, MS, RD, CDN, **Eat to Your Heart's Content** and **Family Cooks Together** programs

These great health classes — taught by registered dietitians — are covered in part by local Health Insurance Companies (please call the Cooking School for details). Come join us to learn how to make good lifestyle choices. Included in each class is information and handouts on the class topic, along with a generous sampling of each recipe made. Some classes offer product samples as well.



eat to your heart's content

Super-Foods for a Super New Year

Instructor Erin Burch, MS, RD, CDN

Tuesday, January 10, 6-8pm Amherst

Tuesday, January 17, 6-8pm West Seneca

\$25 per person without insurance

So what's a super-food? Join Erin as she shows you how to include these nutrient powerhouses into your everyday meals. These super recipes will have you one step closer to a healthier 2012.

Cinnamon Quinoa with Berries, Super Broccoli with Walnuts and Cherries*, Salmon with Honey Citrus Glaze, Strawberry Yogurt Scones**

Warm Your Heart Comfort Foods

Wednesday, February 1, 6-8pm Amherst

Tuesday, February 7, 6-8pm West Seneca

\$25 per person without insurance

Everyone has one — that special dish that warms your heart and your belly. Unfortunately, our favorite comfort foods are notorious for being high in calories and fat. Join Erin as she shows how simple changes in your diet can improve your heart health. *Minestrone Soup*, Maple Cinnamon Twice Baked Sweet Potatoes*, Homestyle Chicken Pot Pie, Warm Apple Crisp**

Get your Plate in Shape

Instructor Erin Burch, MS, RD, CDN

Wednesday, March 14, 6-8pm Amherst

Wednesday, March 21, 6-8pm West Seneca

\$25 per person without insurance

Even our dinner plates need a shape-up.

Let's celebrate National Nutrition Month by learning to create a perfect plate of nutrient-rich foods to power through your busy days.

Zesty Spinach Salad, Whole-Wheat Couscous with Parmesan and Peas, Almond Crusted Chicken Fingers, Cranberry Orange-Fruit Bars**



*Vegetarian recipe



your healthy lifestyle

family cooks together - hands-on and geared to all family members age 7 & up

In years past, family time was always spent around the dinner table, where conversations would be personal in nature, where families could feel close to each other. Family life today is all too busy, with less time spent on families eating meals together, more time going to the nearest fast food place. If each family member had a role in getting a healthy meal on the dinner table, there would be more time available to stay home and enjoy the meal together. Let us help you start getting back to family basics, while enjoying the healthy meal that you helped to prepare!

These classes are covered under the Healthy Lifestyle classes. All Insurance information will be needed for all attending, and will be taken when you reserve the class, along with your credit card information.

The cost without covered Insurance for the Family Cooks classes is \$25 per adult, \$12 per child ages 12 and under.

Score Big with a Big Game Feast

Instructor Erin Burch, MS, RD, CDN

Tuesday, January 31, 6-8pm Amherst

Wednesday, January 25, 6-8pm West Seneca

Whether you're rooting for a favorite team, or just watching for the commercials, the big game usually involves some unhealthy treats and snacks. Erin will show you how you can prepare a healthy big game feast that will have everyone coming back for more. *Vanilla Fruit Dip**, *Guacamole Salad**, *Vegetable Pizza Roll-ups**, *Swirled Cheesecake Brownies**

A Sweet and HEARTy Family Dinner for National Family Day

Instructor Erin Burch, MS, RD, CDN

Thursday, February 20, 6-8 pm Amherst

Tuesday, February 15, 6-8 pm West Seneca

NATIONAL Family day is February 20, so let's celebrate love with a sure-to-please Valentine's party that includes both sweet and heart healthy foods. Join Erin for a healthy holiday feast that will satisfy your belly and your sweet tooth! *Pumpkin and Black Bean Stew**, *Pasta with Lentil Spaghetti Sauce**, *Butternut Squash Apple Cranberry Bake**, *Chocolate Crepes with Raspberry Sauce**

A Trip Around The World

Instructor Erin Burch, MS, RD, CDN

Wednesday, March 28, 6-8pm Amherst

Tuesday, March 6, 6-8pm West Seneca

Does the whole family have cabin fever? Well who wants to go on a trip to China, Mexico, Greece, and Italy...in one night! Hop aboard, while Erin takes you on a culinary getaway. *Baked Vegetable Egg Rolls**, *Pineapple Mango Salsa**, *Chicken Souvlaki Salad*, *Chocolate Chip Cannoli Cones**

diabetes cooking

Resolve to Eat More Vegetables!

Instructor, Pam Beamer, RD, CDE

Wednesday, January 25, 6-8pm Amherst • Wednesday, January 11, 6-8 pm West Seneca

\$25 without insurance

Most Americans do not get the recommended number of vegetable servings daily. If you struggle with this, Pam will discuss easy and creative ways to get more veggies onto your plate and into your body. Soup is a great way to increase your vegetables, so Pam will cook three comforting and delicious soups to get you started. *Chicken Barley Soup*, *Broccoli Chowder**, *Italian Ribollita Soup**, *Outrageous Macaroons**

Become a Grocery-Shopping Pro, Discovering TOPS NuVal Ratings

Instructor, Pam Beamer, RD, CDE

Thursday February 16, 6-8pm Amherst

Monday February 27, 6-8 pm West Seneca

\$25 without insurance

There is more choice than ever in our grocery stores. This is great, but can be overwhelming. Pam will give insights on how to shop and buy healthy products, what Tops NuVal rating system is all about and how to spend your money wisely. Feel free to bring in products you have questions about! She will be fixing a selection of healthy sandwiches while she teaches. *Baked Falafel Sandwich with Yogurt-Tahini Sauce**, *Open Faced Fried Egg Sandwich with Ricotta & Arugula**, *Swiss Cheese Stuffed Turkey Burger with Thousand Island Slaw*, *Grilled Dark Chocolate Sandwich**

Stop the Inflammation!

Instructor, Pam Beamer, RD, CDE

Tuesday, March 13, 6-8pm Amherst • Wednesday, March 7, 6-8 pm West Seneca

\$25 without insurance

Inflammation is a general term, but can cause many problems in specific areas of the body. Pam will give you a list of foods thought to be anti-inflammatory, as well as a list of foods to that can promote the problem. As she is discussing this, she will make some healthy appetizers and snacks for you to munch on! *Asian Style Meatballs*, *Fresh Tomato and Black Olive Pizza**, *Pinto Bean Nachos**, *Parmesan Crisps**, *Almond Butter Snickerdoodles**

*Vegetarian recipe

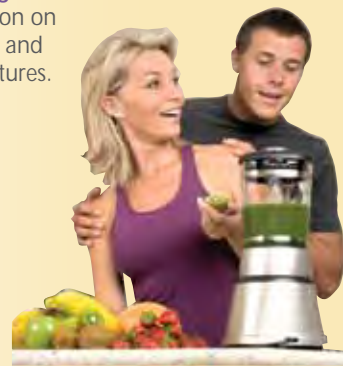


Affordable. Healthy. Simple. Smart!

Savings for Health and TOPS Friendly Markets have partnered to make eating healthy affordable and easy, by providing its members with weekly discounts on foods and other items at TOPS Friendly Markets.

All Savings for Health-recommended items have been selected by Registered Dietitians and Registered Nurses and Physicians from Western New York, and meet or exceed guidelines from the American Medical Association, American Heart Association, American Diabetes Association, American Cancer Society and the American Diabetic Association.

Learn more today! Visit www.savingsforhealth.com for information on membership and program features.



hands-on adult classes

If you would like to try your hand at helping with the cooking, these classes are for you! Please come with hair tied back if long, and wear closed toed shoes for your safety. Aprons will be provided for your use.

Homemade Pasta: Ravioli, Gnocchi, Tagliatelle

Culinary Instructor Lawrence Cheeley

Friday, January 27, 6-8:30 pm Amherst

Tuesday, January 31, 6-8:30 pm West Seneca

\$25 per person

Larry has returned from Italy to teach you how to prepare authentic Italian homemade pasta. He will also have prepared some of his fabulous sauces to sample! *Ravioli, Gnocchi, Tagliatelle, Various Sauces*

Couples Valentine L'Amour

Wine pairing with Niagara Landing Wine Cellars

Culinary Instructor Rose Ann Ross

Friday, February 10, 6-8:30 pm Amherst

Wednesday, February 8, 6-8:30 PM West Seneca

\$25 per person

Let's celebrate Valentine's Day with a lot of L'Amour (Love) by enjoying a romantic dinner at home. *Let's visit Cote D'Armor and enjoy La'soupe Pavese, Let's fly away to Cote D'Or and indulge in delicate Crepes Stuffed with Chicken and Spinach, with a Béchamel Sauce, top off the evening with Cupids Le Chocolat Gateau (molten lava cake)*



Couples Dinner Date

Chef Amy Weisenburger

Monday February 13, 6-8:30 pm Amherst

Monday, February 20, 6-8:30 pm West Seneca

\$25 per person

Putting dinner on the table together can be romantic in itself. Serving this wonderful meal can develop into a weekly dinner date! *Mixed Greens with Citrus Herb Vinaigrette, Pan Seared Chicken with White Wine Sauce, Rosemary Roasted Potatoes, Hot Fudge Pudding*

Warm up To Winter with Pasta

Culinary Instructor Rose Ann Ross

Tuesday, February 28, 6-8:30 pm Amherst

Thursday, February 16, 6-8:30 PM West Seneca

\$25 per person

Warm up this winter with some hearty pasta dishes that will be satisfying and economical to make. *Northern Pasta, Spaghetti alla Carbonara, Pasta and Broccoli, Creamy Onion Garlic Bread*

Sushi Made Easy

Culinary Instructor Lauren Watkins

Friday, March 16, 6-8:30 pm Amherst

Wednesday, March 28, 6-8:30 pm West Seneca

\$25 per person

In Japan, sushi started out as a fast food, because of the ease of preparing. Sushi can be defined as a dish containing rice which has been prepared with sushi vinegar. There are many different types of sushi. Join Lauren as she teaches you the basics of sushi. *California Roll, Crab Avocado and Mango Sushi Roll, Sushi Rice, Sushi Roll- Maki, Vegetable Sushi Rolls*

Couples Dinner Date 2

Wine pairing with Schulze Vineyards & Winery

Chef Amy Weisenburger

Monday March 12, 6-8:30 pm Amherst

Monday, March 26, 6-8:30 pm West Seneca

\$25 per person

How has your dinner dates been going? Are you ready for tastier meals to bring that spark back into dinnertime? Make a dinner date with Chef Amy! *Butternut Squash Soup, Maple Pork Tenderloin Medallions, Parmesan & Garlic Green Beans, Baked Apples with Pecans & Apricots*



Spring Fling

Culinary Instructor Rose Ann Ross

Tuesday, March 27, 6-8:30 pm Amherst

Thursday, March 29, 6-8:30 PM West Seneca

\$25 per person

Let's prepare a springtime dinner that would be great for entertaining, or a dinner that your whole family would love! *Orange Salad, Chicken Alsace, Spaghetti with Olive Oil & Garlic, Easy Tiramisu*

Italian Easter Breads

Culinary Instructor Larry Cheeley

Thursday, March 29, 6-8:30 pm Amherst

Tuesday, March 27, 6-8:30 pm West Seneca

\$25 per person

Italian Easter breads symbolize the holy time of the year. Join Larry as he takes you through the steps of making these wonderful authentic Italian breads and hear his stories of the origin of each one. *Colomba di Pasqua-Easter Dove Bread, Serpentine Bread, Pane di Pasqua di Signora Condello*

Kitchen Basics

with Chef Amy Weisenburger

Always wanted to master the basics of cooking techniques? Want to learn how to slice and dice like a pro? Here is your chance! In these series of 4 classes, Chef Amy will teach you the basics of how to slice & dice, pan sear, grill, stir fry, & make your own pasta and sauces from scratch! Sign up and complete all 4 classes and each participant will receive a cookbook to help you on your way. Perfect for kitchen newbies, newlyweds, or wannabe foodies! Please bring a paring and Chef knife to each class. Each class has wine sampling to enjoy with your meal. (Sorry, no coupons)

Kitchen Basics 1 • \$30

Knife Skills, Pan Searing, Making a Reduction Sauce

Monday, January 23, 6-8:30 pm Amherst

Thursday, January 12, 6-8:30 pm West Seneca

Zesty Italian Salad with Tarragon Vinaigrette, Chicken Marsala Mashed Potatoes with Cream Cheese, Almond Macaroons

Kitchen Basics 2 • \$30

Knife Techniques, Red Sauce from Scratch, Pasta Making

Monday, February 27, 6-8:30 pm Amherst

Thursday, February 2, 6-8:30 pm West Seneca

Artichoke Dip with Fontina Cheese, Fresh Spaghetti with Bolognese Sauce from Scratch, Molten Mocha Cakes

Kitchen Basics 3 • \$30

Knife Techniques, Marinating, Grilling, Garnishing & Food Presentation Skills

Monday, March 19, 6-8:30 pm Amherst

Monday, March 5, 6-8:30 pm West Seneca

Asian Salad with Sesame Dressing, Orange Ginger Glazed Pork Tenderloin, Baked Stuffed Potatoes with Roasted Garlic, Quick Chocolate Almond Mousse

Kitchen Basics 4 • \$30

Knife Techniques, Stir-Fry Basics, Flavoring Rice

Monday, March 26, 6-8:30 pm Amherst

Thursday, March 22, 6-8:30 pm West Seneca

Spicy Asian Lettuce Cups, Stir-Fry Ginger Shrimp, Jasmine Herbed Rice, Jamaican Coconut Pie with Dark Rum Sauce

demonstration adult classes

The Big Avocado

Culinary Instructor Lauren Watkins

Thursday, January 12, 6-8:30 pm Amherst

Wednesday, January 18, 6-8:30 pm West Seneca

\$25 per person

Did you know avocados provide more than 25 essential nutrients, including fiber, potassium, vitamins B, E and folic acid? Since Chile is in the Southern Hemisphere, Chilean avocados are at their peak in our winter months! *Avocado and Crab Soup, Avocado BLTs, Boston Lettuce Avocado Salad and Lime Dressing, Avocado Ice Cream*



Comfy, Cozy at Home Meal

Chef Scottie Williams

Monday, January 16, 6-8:30 pm West Seneca

\$25 per person

The snow may be blowing, but you are comfortably tucked into your home, cooking up a favorite comfy meal for your loved ones, so let it snow, let it snow, let it snow! *Cream of Potato with Leek Soup, Horseradish Smashed Potatoes, Chicken Fried Steak, Piper's Snicker Tart*

One Pot Wonders

Culinary Instructor Lauren Watkins

Friday, January 20, 6-8:30 pm Amherst

Tuesday, January 24, 6-8:30 pm West Seneca

\$25 per person

Cooking in a Dutch oven is not only a time saver, but you can make delicious meals in no time.

Lauren will show you a few of her favorites!

Creamy Chicken, Roasted Red Pepper and Tomato Soup, Dutch Oven Peach Cobbler

Fusion Crepes

Chef Amy Weisenburger

Thursday, January 26, 6-8:30 pm Amherst

Monday, January 30, 6-8:30 pm West Seneca

\$25 per person

A crêpe or crepe is a type of very thin pancake, usually made from wheat flour. The word is of French origin, deriving from the Latin *crispa*, meaning "curled". Crepes can be prepared sweet, or savory. Join Chef Amy as she teaches you the secret to a "perfect" crepe! *Savory Crepes with Mushrooms & Bacon, Crepes with Sautéed Pears & Wine Sauce, Cinnamon Crepes with Peaches & Cream Cheese, Chocolate Mousse Crepes*

2 Chefs, 2 Meals, 1 Winner!

Executive Chef Scott Donhauser,

Chef Andrew Gruszka

Monday, January 30, 6-8:30pm Amherst

Monday, January 23, 6-8:30 West Seneca

\$25 per person (no coupons)

With the "Big Game" right around the corner, why not have our own "Cooking School Big Game?" This is the second in a series of chef cook-off competitions. Chef Scott Donhauser vs. another Chef in a January "Cooking School Super Challenge."

• 1st course: *Blue Cheese*

• 2nd course: *Seafood Entree*

• 3rd course: *Fruit Dessert*

Plus a secret ingredient that each chef must incorporate into their menu!!!

I Love Chocolate!

Wine pairing with

Niagara Landing Wine Cellars

Executive Chef Scott Donhauser

Monday, February 6, 6-8:30 pm Amherst

Monday February 13, 6-8 30 pm West Seneca

\$25 per person

Using chocolate in cooking has been around for a long time with delicious results. What a better time of year to bring this special chocolate class for you to enjoy! *Orange Scented Brussels Sprout Salad, Chicken Mole, (A mixture of fresh ingredients and Bittersweet Chocolate make up this famous South of the Border delight, accompanied by Brown Rice,) Chocolate Fondue with Assorted Dipping Items*



Mid Winter Blues

Beer pairing with
Great Lakes Brewery



Chef Scottie Williams

Monday, February 6, 6-8:30pm West Seneca

\$25 per person

This is the time of year that everyone needs some kind of pick me up. Let Chef Scott lift your spirits and your taste buds! *Eggs in Red Sauce, Black Pepper Risotto, Jamaican Boneless Pork Chop, Xango Dessert*

Kiss with Chocolate

Culinary Instructor Lauren Watkins

Wednesday, February 8, 6-8:30 pm Amherst

Wednesday, February 1, 6-8:30 pm West Seneca

\$25 per person

Although chocolate is not an aphrodisiac, chocolate contains phenylethylamine (PEA), a natural substance that is reputed to stimulate the same reaction in the body as falling in love. So - heartbreak and loneliness are also great excuses for chocolate gorging! Lauren will prepare a chocolate dessert feast for you to sample! *Chocolate Bundles with Chocolate Ganache, Chocolate Hazelnut Ravioli, Outrageous Brownies, White Chocolate Mint Mousse*



Traditional Italian Meal

Wine pairing with

Niagara Landing Wine Cellars

Culinary Instructor Lawrence Cheeley

Thursday, February 2, 6-8:30 pm Amherst

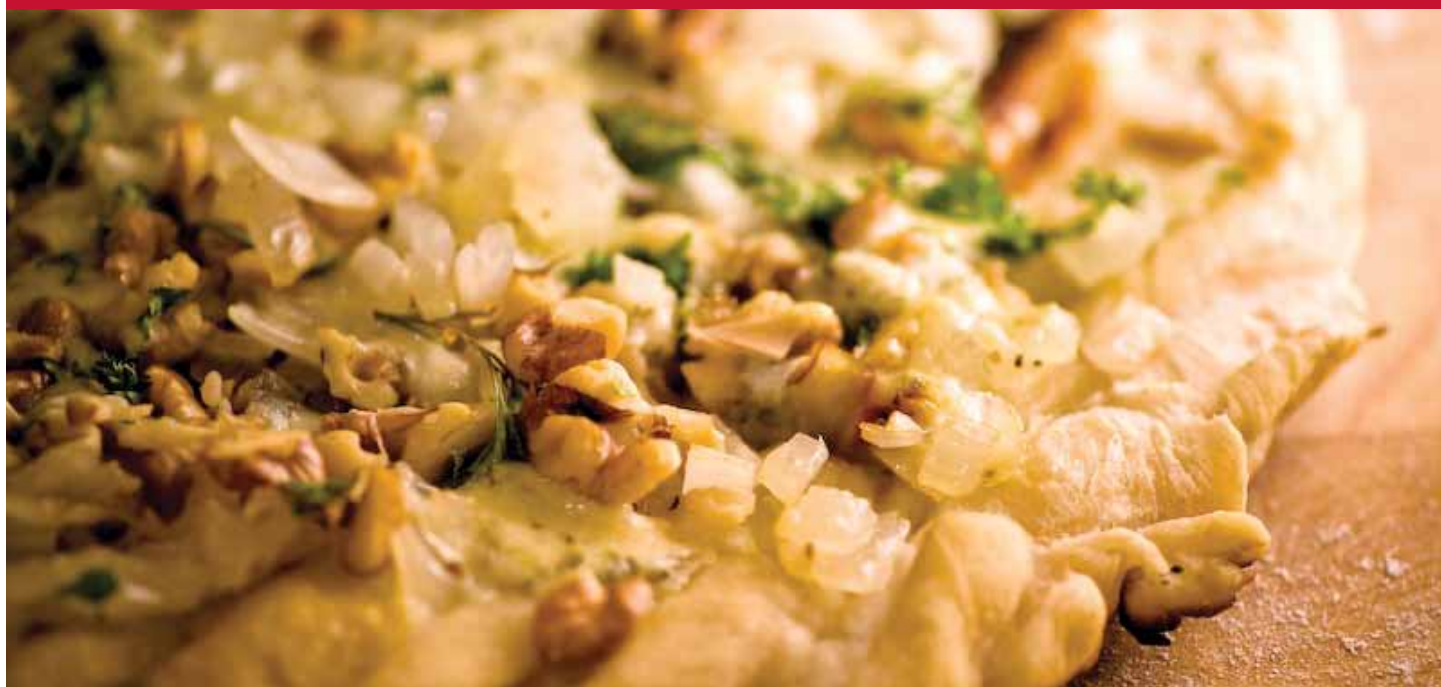
Friday, February 17, 6-8:30 pm West Seneca

\$25 per person

A traditional Italian Meal is a three hour social affair composed of antipasti, first and second courses (pasta and meat) and dessert. Larry will prepare *Antipasti, Spaghetti Carbonara, Pollo Rustico (Chicken), Dolci*



demonstration adult classes



Ladies Night In

Wine pairing with
Niagara Landing Wine Cellars
Culinary Instructor Lauren Watkins
Friday, February 17, 6-8:30 pm Amherst
Friday, February 24, 6-8:30 pm West Seneca
\$25 per person



There's not much to do when it's cold & snowy outside, but that shouldn't stop you from getting your lady friends together for a fun night in! Lauren has some easy to make, easy to please recipes that will start your night off right! *Mushroom Pesto Crostini, Pecorino Romano with Apples and Fig Jam, Caramelized Onion and Gorgonzola Pizza, White Chocolate and Amaretto Fondue*

Almost Spring

Chef Scott Donhauser
Monday, March 5, 6-8:30 pm Amherst
Monday, March 19, 6-8:30 pm West Seneca
\$25 per person
Spring is a time of awakening after a long, cold winter. Chef Scott is ready to awaken your taste buds with this warm menu! *Roasted Pear Salad with Blue Cheese, Prosciutto & Pomegranate Vinaigrette, White Truffle Mac and Cheese with Sweet Peas & Sun Dried Tomatoes, Banana Spring Rolls with Coconut Cream*

St. Patrick's Day Celebration

Beer pairing with
Diageo Guinness USA
Culinary Instructor Rose Ann Ross
Friday, March 9, 6-8:30 pm Amherst
Wednesday, March 14, 6-8:30 pm West Seneca
\$25 per person
The luck of the Irish is with us tonight as we celebrate the wearing of the green! *Irish Scones, Irish Beef and Beer Stew, Chocolate Guinness Cake*



The Many Sides of Citrus

Chef Scottie Williams
Monday, March 12, 6-8:30 pm West Seneca
\$25 per person
Citrus fruits are packed with vitamins and nutrients. Chef Scott will teach you some great recipes that utilize these fabulous fruits. *Mixed Greens with Citrus Vinaigrette, Chicken with Orange Sauce, Lemon Herb Red Potatoes, Citrus Chiffon Pie*

Amish Cooking

Culinary Instructor Rose Ann Ross
Tuesday, March 20, 6-8:30 pm Amherst
Thursday, March 22, 6-8:30 PM West Seneca
\$25 per person
Let's imagine taking a horse and buggy ride to a place where we will prepare a traditional Amish meal from scratch! *Amish Corn Bread, Tomato Fritters, Oven Fried Chicken, Shoo-Fly-Pie*

Simply Entertaining

Chef Amy Weisenburger
Thursday, March 15, 6-8:30 pm Amherst
Thursday, March 1, 6-8:30 PM West Seneca
\$25 per person
As the weather breaks and we start venturing out, why not have friends over for a simple, yet elegant dinner! *Easy Goat Cheese Appetizer, Salmon with Honey-Coriander Glaze, Potato & Tomato Gallettes, Easy Tiramisu*

Romantic Holiday Brunch for Two with Champagne

Culinary Instructor Lauren Watkins
Thursday, March 22, 6-8:30 pm Amherst
Friday, March 30, 6-8:30 pm West Seneca
\$25 per person
Preparing a brunch for two can be both fun and romantic, and most of this menu can be made ahead of time, so you can enjoy it, too! *Anytime Holiday Sticky Buns, Fresh Fruit Salad with Honey Vanilla Yogurt Lemon and Basil Eggs over Focaccia, Roasted Asparagus, Glass of Champagne*

Register early!

SOME CLASSES FILL QUICKLY AND OTHERS MAY NOT BE HELD
DUE TO LOW REGISTRATION.

meet our chefs and instructors

Regional Cooking School Manager Grace Hanusin

Grace is our Regional Cooking School Manager for Amherst, West Seneca and Rochester. She is located at Tops Cooking School in Amherst. Her culinary background includes working as a line cook and Sous Chef in many area restaurants. In 1995, she placed second in the New York Division of The National Beef Cook-Off Contest, with her Beef and Barley Mulligan recipe. Her Onion Soup recipe was featured in the *Buffalo News* by Janice Okin, food critic. She currently is a key panelist on the website www.wnywomen.com. Grace has appeared on local TV shows and events, and does live cooking demos, while promoting the Cooking School. She coordinates and writes the calendar each quarter, schedules the classes, teaches the special needs population and supervises day-to-day operations of the Cooking Schools in Amherst and West Seneca as well.

Coordinator Noreen Mallia

Noreen is our Cooking School Coordinator for the West Seneca Cooking School. She comes to us with a background in restaurant operation, with 29 years experience. Noreen and her husband Sal owned Sal Franco's Restaurant in Orchard Park, where Noreen worked in various positions. Noreen schedules the classes and manages day to day operations of the cooking school in West Seneca.

Kids Instructor Linda Duncan

Linda Duncan comes to us as a cooking school assistant. Being a mother of 5 with many years of home schooling teaching experience, Linda will certainly add this knowledge to teaching the Jr. Chef and Home School classes in West Seneca.

Kids Instructor Judy Handzlik

Judy is our Instructor for the children's array of classes and special need groups in our West Seneca School and the Aspiring chef classes in Amherst. Judy has worked as a pre-school teacher, as well as a Day Camp Instructor for 25 years. Judy brings with her many new and refreshing ideas for the classes, as well as a love and understanding of working with these age groups. Judy teaches the scout programs and hosts birthday parties, as well.

Kids Instructor Meghan Mahoney

Meghan began at Tops Cooking School as an assistant, but her love of baking and cooking offers new, fresh, young ideas to the school. She recently received a Certificate in Baking and Pastry Arts from Erie Community College and is eager to share her knowledge with children and adults who are eager to learn! Megan will be teaching the Jr. Chef classes in Amherst.

Kids Instructor Deborah Witul

Deb has been a long time familiar face of the cooking school as she teaches the children's classes in Amherst that spark creativity and inspire young chefs. Deb also hosts the birthday parties for ages 5 and up. The scouting program is another area that she teaches, as she facilitates the badge requirements for both Boy and Girl Scouts.

Culinary Instructor Lawrence Cheeley

Lawrence Cheeley (aka Lorenzo in Italy) developed an interest in Italian cooking in Italy in 1990. He made the acquaintance of Luciana – reputedly the best cook in the village of Monte Rosso al Mare – who took the time to teach him some of the Ligurian regional specialties. Subsequent visits to Rome, Florence, Sorrento, Amalfi, Venice, Milan, and Capri offered opportunities to see and taste the special dishes of these regions, and to ask local cooks how they were made. Lawrence has taught "How to Cook Like an Italian Grandmother" and Italian Baking for the Frontier and Williamsville Community Education Programs.

Executive Chef Scott Donhauser

It is always a treat when Chef Scott comes to the Cooking School. Scott has shown his many talents in local restaurants such as Daffodil, Verbena, and Frog Hair Grill Restaurant and Windows on the Green. This dynamic chef has his hand in many local happenings that add to his two hour program. The menus he has chosen will bring cooking, presentation and interesting flavor combinations to new heights!

Culinary Instructor Rose Ann Ross

Rose Ann was the owner of her own restaurant, Rigatoni's, located on Delaware Ave. in Kenmore from 1986-1996. Her quick, uncomplicated recipes will enhance your own cooking abilities, as well as her flair for table decorating. Rose Ann specializes in hands on classes, which she makes entertaining as well as educating!

Culinary Instructor Lauren Watkins

Lauren comes to us as a Personal Chef/Cooking Consultant. She has been successfully cooking for private parties and busy business professionals since May 2007. Lauren is a culinary graduate from Erie Community College. The menu and recipes that Lauren will share with you will not only inspire you but show you that she cooks with a passion and from the heart. Lauren is excited to share her knowledge and love of food with all of you!!

Chef Amy Weisenburger

Chef Amy is a Personal Chef, cooking gourmet dinners and providing busy professionals and special diet clients with delicious home cooked meals in Buffalo and the surrounding areas. She is a graduate of the United States Personal Chef Association Certificate program. Chef Amy has had as her clients Martha Stewart Living Magazine, ECMC, Stand Advertising, Planet Reels Films, Socket Films, The Diocese of Buffalo, Independent Health, and many happy individuals!

Chef Scottie Williams

Scottie comes to us as the Head Chef at Riley Street Station in East Aurora. His education includes the Fine Arts at Buffalo State College. After working with the many fine chefs in Western New York in his first two years at school, he found his true love. It has been 25 years, and he still loves what he does. His specialties include Polish, Greek and Northern Italian cooking. Working with breads, meats and seafood as his palette, what more could someone ask for?



HANDS-ON TEAM BUILDING AT TOPS COOKING SCHOOL!

Class registration is easy and convenient.



the
cooking school
presented by **Tops**

We are able to take payment over the phone using your credit card. To register for a cooking class at either our Amherst TOPS or West Seneca TOPS, please note the following:

To register by phone:

- Call the TOPS Cooking School in Amherst at 716.515.2000 or the TOPS Cooking School in West Seneca at 716.517.3006.
- You must provide a credit card number and expiration date to register by phone using your credit card. Card cannot be debit only – card must have a VISA/MasterCard/American Express/Discover logo. Please have your credit card ready when calling.
- The best way to register for classes is to call the Cooking School.

Registration is easy. Just call the Cooking School that you want to register for classes in, or stop by during the day when shopping, and we will be glad to register you.

We discourage paying for classes ahead of time, in the event the class is not held. Your credit card will not be charged until the day of the class. If you wish to pay by cash the day of the class, you may do so by stopping in the school before the class to obtain your registration form. Just go to the service desk, pay for the class and return a receipt and the form back to the class.

Pre-registration for all classes is recommended at least 5 days in advance, as the class may be full or cancelled for low attendance after that time.

Cancellation Policy

- If you cannot attend a class, you may send a substitute in your place, except for Your Health classes. The substitute must have health insurance coverage or they will be charged for the class.
- TOPS reserves the right to change any menu or instructor, or to cancel any class at their discretion. The Cooking School will attempt to notify students of cancellations.
- In order to better prepare for our classes and to better serve our customers, we now require **3-business days advance notice if you cannot attend a class or your credit card will be charged.** No refunds will be made after that time. Just call the Cooking School and leave your name and the date of the class you are cancelling. We will call to confirm. We regret any inconvenience this may cause.

Both schools are handicapped accessible.

Grace Hanusin
Regional Cooking School Manager
3980 Maple Road
Amherst, NY 14226
716-515-2000

Noreen Mallia
Cooking School Coordinator
355 Orchard Park Road
West Seneca, NY 14224
716-517-3006

Register early! Some classes fill quickly and others may not be held due to low registration.



wine and beer tastings are now offered in some of our classes at the Cooking School!

Please check inside for dates and times of those classes. Register early, because these classes fill up quickly!



Chateau
Niagara



Alcoholic beverages may be made available for consumption in some classes. Class participants will be asked to present identification to prove that they are of legal New York State drinking age and will be held responsible for limiting their consumption of alcohol to safe amounts. Pregnant women and people on certain medications should not consume alcohol. Everyone should bring proper ID to the class. TOPS policy is to proof everyone; failure to bring proper ID will result in being excluded from the tastings, but not the class.

general
information
and
etiquette



In hands-on participation classes, students should wear casual clothing and comfortable shoes. You may not wear open toed shoes or sandals. This is for your protection and safety. We provide full-length bib aprons for use during class. Please silence all cell phones and pagers when classes are in session. Please keep talking to a minimum so that others may hear the instructors during class. Small children are not allowed in adult classes. If you need to use your cell phone, please exit the Cooking School while talking.



the cooking school
presented by TOPS

FEATURED EVENTS

BIRTHDAY PARTIES AT THE COOKING SCHOOL ARE FUN!

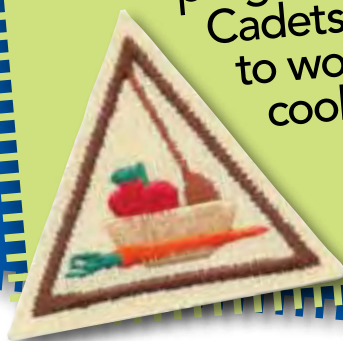


Trying to plan your child's birthday party?
Let us do the work for you!
Call today to book your party.

Calling all scout troops!

The cooking school offers an approved Scout cooking program, from Daisies to Cadets. What a fun way to work towards your cooking badges.

PLEASE CALL YOUR LOCAL
TOPS COOKING SCHOOL
FOR MORE INFORMATION.



KIDS DINNER & A MOVIE NIGHT

6-9 pm • ages 7-12

Amherst & West Seneca Cooking Schools

Come join us for a special dinner and a movie right here in the cooking schools!

Each month we will have a special dinner theme that you will help prepare. After eating and helping clean up, we will have a movie for you to watch, along with popcorn! Bring a friend and add to the fun! Please wear/bring sneakers and have hair pulled back, if long. Aprons will be provided to wear.

\$20 for one child, \$35 for two children; \$50 for three children
(please register all children in your group at the same time to get the discount)

How to Train Your Dragon • Friday, January 13, 6-9 pm

Hiccup and Toothless take a wild adventure that leads to a surprise ending.
Hiccups' Panini Sandwich, Dragon Tooth Soup

Monsters Verses Aliens • Friday, February 3, 6-9 pm

Who wins the challenge, come in to cheer on your choice.
The Missing Link Lasagna Rollups & Monsterly Good Garlic Bread

Penguins of Madagascar • Saturday, March 10, 6-9 pm

Come and see what Rico and Private are up to in this funny movie!
Rico's Tender Chicken Nuggets & Privates Veggie Pouches



the cooking school
presented by TOPS

To: _____

From: _____

For: _____

Cook up some great gifts!

Looking for a gift for a person who has everything?
Purchase a gift certificate for the TOPS Cooking School,
where you choose the price, they choose the classes!